



Call our Centralized
Scheduling Center to register:
866-923-6478 or email us at
FFSCSanDiego@mwrsw.com

Naval Base San Diego (NBSD)

Buildings 259, 261 & 263
3005 Corbina Alley, Suite 1
San Diego, CA 92136-5190
619-556-7404

Naval Base Coronado (NBC)

Building 318 & G, Sauflay Road
San Diego, CA 92135-7138
619-545-6071

Naval Base Point Loma (NBPL)

Buildings 211 & 212
140 Sylvester Road
San Diego, CA 92106-3521
619-553-8306

Murphy Canyon Branch (MCB)

4867 T Santo Road
San Diego, CA 92124
858-277-4259

Bayview Hills Branch (BVH)

1967 Sky Harbor Road
San Diego, CA 92139
619-556-1275

Village at Serra Mesa Branch (VSM)

3141 Afton Road
San Diego, CA 92123
619-556-1277

Gateway Village Branch (GVB)

3207 Rosecrans Place
San Diego, CA 92110
619-222-5548



Scan the QR code
to visit our website.



Workshops

May 2012

All FFSC locations will be closed on Monday, 28 May
in observance of the Federal Holiday.

LIFE SKILLS

Building Effective Anger Management Skills (BEAMS)

May 23, 2-4 pm, NMCS, Bldg 26, 1st Floor, Wellness Center

Take Charge! Building Assertiveness Skills

May 16, 2-4 pm, FFSC NBPL

Dealing with Stress

May 2, 2-4 pm, NMCS, Bldg 26, 1st Floor, Wellness Center

Effective Communication in the Workplace

May 9, 2-4 pm, FFSC NBSD

Effective Parenting Workshop

(no session Mon 5/28 due to the holiday)

May 2, 7, 9, 14, 16, 21, 23, 30, 5-8 pm, FFSC NBSD

Flying Space-A: Military Air Travel Information

May 3, 10-11 am, FFSC GVB

May 9, 4:30-5:30 pm, FFSC VSM

International Spouse Tea Time

May 24, 6:30-8 pm, Chesterton Community Center,
7427 Linda Vista Rd, SD, CA 92111

Kidz Craftz (Ages 3-6)

*To RSVP for childcare, call 858-349-8598 one week in advance.

May 2, 9:30-10:30 am, FFSC VSM

May 16, 10:30-11:30 am, Chesterton Elementary,
7335 Wheatley St, SD, CA 92111

May 30, 8:30-9:30 am, Chesterton Elementary,
7335 Wheatley St, SD, CA 92111

League of Extraordinary Spouses

*To RSVP for childcare, call 858-349-8598 one week in advance.

May 2, 9:30-10:30 am, FFSC VSM

May 16, 10:30-11:30 am, Chesterton Elementary,
7335 Wheatley St, SD, CA 92111

May 30, 8:30-9:30 am, Chesterton Elementary,
7335 Wheatley St, SD, CA 92111

Managing Conflict as Couples

May 31, 5-7 pm, FFSC NBSD

Military Discounts: Your Pocket Guide to Southern California

May 1, 9-10 am, FFSC NBSD

Parenting Tips

May 9, 2:30-4:30 pm, FFSC NBSD

Positive Parenting

May 3, 10, 17, 4:30-6:30 pm, FFSC MCB

Preschool Blocks (Ages 1-5)

May 3, 10, 17, 24, 31, 10-11:30 am, Murphy Canyon
Youth Center, 4867 Santo Rd, SD, CA 92124

May 7, 14, 21, 10-11:30 am, FFSC BVH

Responsible Anger Management

May 3-4, 9 am-4 pm, FFSC NBC

May 24-25, 9 am-4 pm, FFSC NBC

Spouse Orientation & Area Resources to San Diego (SOAR): Exploring America's Finest City

May 15, 9 am-3 pm, Murphy Canyon Chapel,
3200 Santo Rd, SD, CA 92124

Spouse Readiness Workshop: Resources for the Military Family

May 21, 5-7 pm, FFSC NBSD

May 31, 9:30-11:30 am, FFSC GVB

Stress Management 101

May 8, 2:30-4:30 pm, FFSC BVH

May 16, 2-3 pm, Housing Opportunities Collaborative,
1100 Broadway, SD, CA 92101

May 22, 10-11 am, NMCS, Bldg 26, 1st Floor,
Wellness Center

Welcome to San Diego

May 2, 9-10 am, FFSC NBC

FINANCIAL EDUCATION

Art of Successful Investment Workshop

May 1, 12-1:30 pm, FFSC NBSD

Car Buying Strategies

May 22, 2-3:30 pm, FFSC NBSD

Command Financial Specialist (CFS)

Initial Training

Call 619-545-3645 to register.

May 14-18, 8 am-4 pm, FFSC NBSD

Credit Management: Using Credit Wisely

May 16, 3-4 pm, Housing Opportunities Collaborative,
1100 Broadway, SD, CA 92101

May 22, 6-7 pm, Mt. View/Beckwourth Branch Library,
721 San Pasqual St, SD, CA 92113

Developing Your Spending Plan Workshop

May 30, 2-3:30 pm, FFSC NBC

Financial Planning for Deployment Class

May 9, 9:30-11 am, FFSC VSM

Home Buying Workshop

May 23, 1-4 pm, FFSC NBC

Million Dollar Sailor & Spouse Workshop

May 7-8, 8 am-4 pm, FFSC NBPL

Planning for Your Retirement

May 24, 2-3 pm, FFSC NBPL

Renting Workshop

May 8, 6-7 pm, Mt. View/Beckwourth Branch Library,
721 San Pasqual St, SD, CA 92113

Survivor Benefits Plan (SBP) Training

May 10, 8-9:30 am, FFSC NBSD

www.cnlic.navy.mil/navylifesw

www.facebook.com/FFCPSanDiego



Workshops

All FFSC locations will be closed on Monday, 28 May in observance of the Federal Holiday.

Call our Centralized Scheduling Center to register 866-923-6478 or email us at FFSCSanDiego@mwrsw.com.

Drop-in Child Care is available at area Child Development Centers. Call 619-556-8491 for more information.

RELOCATION INFORMATION

Transferring within CONUS: More Resources & Less Stress for Your Next PCS!

May 3, 1-2:30 pm, FFSC NBSD
May 15, 9-10:30 am, FFSC NBC

Transferring Overseas: More Resources & Less Stress for Your Next PCS!

May 7, 5-6:30 pm, FFSC NBSD
May 31, 1-2:30 pm, FFSC NBC

CAREER SERVICES

Finding Federal Employment

May 8, 9-11 am, FFSC NBSD

Insights to Starting a Home-Based Business

May 3, 12:30-4:30 pm, Logan Heights Library,
567 S 28th St, SD, CA 92113

Introduction to Owning Your Own Business

May 14, 5-7 pm, FFSC NBSD

Networking Your Way to Your Next Job

May 7, 5-6 pm, FFSC NBSD
May 24, 9-10 am, FFSC NBC

Resume Writing Workshop

May 3, 9-11 am, FFSC NBC
May 9, 2:30-4:30 pm, FFSC VSM
May 10, 9:30-11:30 am, FFSC GVB
May 22, 9-11 am, FFSC NBSD

Winning Interview Techniques

May 2, 9-11 am, FFSC NBPL
May 10, 9:30-11:30 am, FFSC NBC
May 16, 4-6 pm, FFSC VSM
May 29, 9-11 am, FFSC NBSD

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) SUPPORT

EFMP Family Connection

May 2, 6-8 pm, San Diego Regional Center,
4355 Ruffin Rd, SD, CA 92123

EFMP Orientation

May 15, 1-2 pm, NMCSO, Bldg 26, 1st Floor,
Health and Wellness Small Classroom
May 29, 1-2 pm, FFSC NBSD

Command Exceptional Family Member Program (EFMP) Point of Contact (POC) Training

Call 619-767-7225 to register.
May 1, 9-11 am, FFSC NBPL

COMMAND SUPPORT

Call 619-556-7404 to register.

Active Duty Pregnancy Resources Workshop

May 9, 9 am-12 pm, FFSC NBSD
May 23, 12:30-3:30 pm, FFSC NBC

Command Family Advocacy Representative (CFAR) Quarterly Refresher Training

Call 619-553-4744 to register
May 10, 1-3 pm, Bayside Community Center,
Room 4, 2202 Comstock St, Linda Vista, CA 92171

Command Family Care Plan Coordinator Training

May 24, 9-10:30 am, FFSC NBPL

Developing Your Family Care Plan

May 8, 9-10 am, FFSC NBC

Command Sponsor Coordinator Training

May 16, 2-3:30 pm, FFSC NBSD

Fleet Liaison Orientation (FLO)

May 24, 7:30 am-4:30 pm, FFSC NBSD

Test for Success! Stress Management Techniques to Ace Your Advancement Exam

May 8, 8 am-12 pm, FFSC NBSD
May 17, 8 am-12 pm, FFSC NBC

INDIVIDUAL AUGMENTEE (IA) SUPPORT

Call 619-556-7439 to register.

Command IA Coordinator (CIAC) Meeting

May 29, 10-11:30 am, FFSC NBSD

IA Family Connection

May 8, 6-8 pm, Murphy Canyon Chapel,
3200 Santo Rd, SD, CA 92124

IA Family Homecoming Workshop

May 16, 6-8 pm, FFSC NBSD

IA Sailor & Family Deployment Readiness Workshop

May 15, 10-11:30 am, FFSC NBSD

Returned IA Workshop

May 17, 8-11:30 am, FFSC NBSD

FAMILY READINESS GROUP (FRG) SUPPORT

Call 619-222-5548 or email frgcoordinator@mwrsw.com to register.

Family Readiness Group (FRG) Initial Training

May 14, 9 am-12 pm, FFSC NBSD

OMBUDSMAN SUPPORT

Call 619-556-7422 to register.

Ombudsman Basic Training (OBT)

May 21-23, 9 am-4:30 pm, FFSC NBSD

SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

Call 619-553-4744 to register.

SAPR Liaison Initial Training

May 30, 8 am-4 pm, FFSC NBSD

SAPR Point of Contact (POC)/ Data Collection Coordinator (DCC) Initial Training

May 8, 8 am-4 pm, NAB, Bldg 603,
Trident Way, Classroom 121

SAPR Victim Advocate Initial Training

May 21-24, 8 am-4 pm,
NBPL Argonaut Hall, Bldg 138

SAPR Victim Advocate Refresher Training

May 9, 1-3 pm, FFSC NBPL
May 14, 1-3 pm, FFSC NBSD
May 16, 1-3 pm, NBC,
HS-60F Training Facility, Bldg 352,
Moffet Rd, Classroom 251



Family Readiness Express (FRE)

Our mobile FFSC, the Family Readiness Express (FRE), will be stopping by Ramona Vista housing in May! For up-to-the-minute updates about location, dates, and hours, check out the FRE's Facebook page at www.facebook.com/FamilyReadinessExpress or email us at familyreadinessexpress@mwrsw.com



Call our Centralized
Scheduling Center to register:
866-923-6478 or email us at
FFSCSanDiego@mwrsw.com



Naval Base San Diego (NBSD)

Buildings 259, 261 & 263
3005 Corbina Alley, Suite 1
San Diego, CA 92136-5190
619-556-7404

Naval Base Coronado (NBC)

Building 318 & G, Sauflay Road
San Diego, CA 92135-7138
619-545-6071

Naval Base Point Loma (NBPL)

Buildings 211 & 212
140 Sylvester Road
San Diego, CA 92106-3521
619-553-8306

Murphy Canyon Branch (MCB)

4867 T Santo Road
San Diego, CA 92124
858-277-4259

Bayview Hills Branch (BVH)

1967 Sky Harbor Road
San Diego, CA 92139
619-556-1275

Village at Serra Mesa Branch (VSM)

3141 Afton Road
San Diego, CA 92123
619-556-1277

Gateway Village Branch (GVB)

3207 Rosecrans Place
San Diego, CA 92110
619-222-5548

LIFE SKILLS

Building Effective Anger Management Skills (BEAMS)

Jun 20, 10 am-12 pm, NMCS, Bldg 26, 1st Floor,
Wellness Center

Take Charge! Building Assertiveness Skills

Jun 5, 1-3 pm, FFSC NBPL
Jun 29, 12:30-2:30 pm, FFSC BVH

Dealing with Stress

Jun 6, 2-4 pm, NMCS, Bldg 26, 1st Floor,
Wellness Center

Effective Parenting Workshop

Jun 5, 12, 19, 26, 9 am-4 pm, FFSC NBSD

Flying Space-A: Military Air Travel Information

Jun 7, 3-4 pm, FFSC GVB
Jun 13, 5-6 pm, NBPL SUBASE, Bldg 546,
The HUB Liberty Center
Jun 27, 4:30-5:30 pm, FFSC VSM

Healthy Kids and Nutrition

Jun 14, 3-4 pm, FFSC GVB

International League of Extraordinary Spouses

*To RSVP for childcare, call 858-349-8598 one week in advance.
Jun 28, 6:30-8 pm, Chesterton Community Center,
7427 Linda Vista Rd, SD, CA 92111

Kidz Craftz (Ages 3-6)

*To RSVP for childcare, call 858-349-8598 one week in advance.
Jun 6, 9:30-10:30 am, FFSC VSM
Jun 20, 10:30-11:30 am, FFSC VSM

League of Extraordinary Spouses

*To RSVP for childcare, call 858-349-8598 one week in advance.
Jun 6, 9:30-10:30 am, FFSC VSM
Jun 20, 10:30-11:30 am, FFSC VSM

Managing Conflict as Couples

Jun 20, 2:30-4:30 pm, Murphy Canyon Chapel,
3200 Santo Rd, SD, CA 92124

Military Discounts: Your Pocket Guide to Southern California

Jun 18, 5-6 pm, FFSC NBSD

Parenting Tips

Jun 13, 2:30-4:30 pm, FFSC NBC

Preschool Blocks (Ages 1-5)

Jun 4, 11, 18, 25, 10-11:30 am, FFSC BVH
Jun 7, 14, 21, 28, 10-11:30 am, Murphy Canyon
Youth Center, 4867 Santo Rd, SD, CA 92124

Responsible Anger Management

Jun 7-8, 9 am-4 pm, FFSC NBPL
Jun 21-22, 9 am-4 pm, FFSC NBPL

Spouse Readiness Workshop: Resources for the Military Family

Jun 7, 1-3 pm, FFSC NBC

Stress Management 101

Jun 20, 2-3 pm, Housing Opportunities Collaborative,
1100 Broadway, SD, CA 92101
Jun 26, 10-11 am, NMCS, Bldg 26, 1st Floor,
Wellness Center

Volunteer Orientation

Jun 14, 11 am-12 pm, FFSC VSM

Welcome to San Diego

Jun 4, 5-6 pm, FFSC NBSD

FINANCIAL EDUCATION

Car Buying Strategies

Jun 20, 3-4 pm, Housing Opportunities Collaborative,
1100 Broadway, SD, CA 92101
Jun 20, 2-3:30 pm, FFSC NBC

Command Financial Specialist (CFS) Initial Training

Call 619-545-3645 to register.
Jun 11-15, 8 am-4 pm, FFSC NBSD

Developing Your Spending Plan Workshop

Jun 13, 9:30 -10:30 am, FFSC VSM

Home Buying Workshop

Jun 28, 1-4 pm, FFSC NBPL

Military Pay Issues

Jun 19, 3-4 pm, FFSC NBSD

Million Dollar Sailor & Spouse Workshop

Jun 6-7, 8 am-4 pm, FFSC NBC

Survivor Benefits Plan (SBP) Training

Jun 12, 8-9:30 am, NBPL, Bldg 138, Argonaut Hall

RELOCATION INFORMATION

Transferring within CONUS: More Resources & Less Stress for Your Next PCS!

Jun 12, 9-10:30 am, FFSC NBC
Jun 26, 1-2:30 pm, FFSC NBSD

Transferring Overseas: More Resources & Less Stress for Your Next PCS!

Jun 14, 9-10:30 am, FFSC NBSD



Scan the QR code
to visit our website.





Drop-in Child Care is available at area Child Development Centers. Call 619-556-8491 for more information.

CAREER SERVICES

Finding Federal Employment

Jun 5, 9-11 am, FFSC NBSD
Jun 28, 9-11 am, FFSC NBC

Introduction to Owning Your Own Business

Jun 11, 5-7 pm, FFSC NBSD

Networking Your Way to Your Next Job

Jun 4, 5-6 pm, FFSC NBSD
Jun 28, 5-6 pm, FFSC NBC

Resume Writing Workshop

Jun 7, 9-11 am, FFSC NBC
Jun 11, 1-3 pm, FFSC BVH
Jun 13, 1-3 pm, Bayside Community Center, 2202 Comstock St, SD, CA 92111
Jun 13, 4:30-6:30 pm, FFSC VSM
Jun 18, 5-7 pm, FFSC NBSD
Jun 28, 2-4 pm, FFSC GVB

Winning Interview Techniques

Jun 14, 9-11 am, FFSC NBC
Jun 26, 9-11 am, FFSC NBSD

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) SUPPORT

EFMP Family Connection

Jun 6, 6-8 pm, San Diego Regional Center, 4355 Ruffin Rd, SD, CA 92123

EFMP Orientation

Jun 19, 1-2 pm, NMCS, Bldg 26, 1st Floor, Health & Wellness Small Classroom

Command EFMP Point of Contact (POC) Training

Jun 6, 1-3 pm, FFSC NBSD

COMMAND SUPPORT

Call 619-556-7404 to register.

Active Duty Pregnancy Resources Workshop

Jun 6, 12:30-3:30 pm, FFSC NBSD
Jun 13, 1-4 pm, FFSC NBPL

Command Family Care Plan Coordinator Training

Jun 5, 9-10:30 am, FFSC NBC

Developing Your Family Care Plan

Jun 19, 1-2 pm, FFSC NBSD

Command Sponsor Coordinator Training

Jun 13, 9-10:30 am, FFSC NBSD

Division Officers Local Area Resources Seminar (DOLARS)

Jun 7, 7:30 am-4:30 pm, FFSC NBSD

Fleet Liaison Orientation (FLO)

Jun 28, 7:30 am-4:30 pm, FFSC NBSD

INDIVIDUAL AUGMENTEE (IA) SUPPORT

Call 619-556-7439 to register.

Command IA Coordinator (CIAC) Meeting

Jun 26, 10-11:30 am, FFSC NBSD

IA Family Connection

Jun 12, 6-8 pm, Murphy Canyon Chapel, 3200 Santo Rd, SD, CA 92124

IA Family Homecoming Workshop

Jun 20, 9:30-11:30 am, FFSC NBSD

IA Sailor & Family Deployment Readiness Workshop

Jun 19, 10-11:30 am, FFSC NBC

Returned IA Workshop

Jun 21, 8-11:30 am, FFSC NBSD

FAMILY READINESS GROUP (FRG) SUPPORT

Call 858-336-4458 or email frgcoordinator@mwrs.com to register.

Family Readiness Group (FRG) Initial Training

Jun 11, 6-9 pm, FFSC NBSD

OMBUDSMAN SUPPORT

Call 619-556-7422 to register.

Certified Ombudsman Trainer (COT) Class

Jun 12-14, 9 am-4:30 pm, FFSC NBSD

Ombudsman Advanced Training

Jun 20, 6-7:30 pm, NBSD Admiral Robinson Center/ Bowling Alley, Bldg 3223

SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

Call 619-553-4744 to register.

SAPR Liaison Initial Training

Jun 6, 8 am-4 pm, NBC Bldg 352, Classroom 251

SAPR Point of Contact (POC) & Liaison Quarterly Meeting

Jun 7, 9-11 am, FFSC NBSD

SAPR Point of Contact (POC)/ Data Collection Coordinator (DCC) Initial Training

Jun 19, 8 am-4 pm, NBPL Bldg 140, Classroom 120

SAPR Victim Advocate Initial Training

Jun 25-29, 8 am-4 pm, NBSD, TSC, Bldg 3280, Blue Room

SAPR Victim Advocate Refresher Training

Jun 11, 1-3 pm, Poway Medical Center, 15615 Pomerado Rd, Poway, CA 92064
Jun 20, 1-3 pm, Independent Forensic Center, 4529 College Ave, SD, CA 92115

June 2012

Su	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Family Readiness Express (FRE)

Our mobile FFSC, the Family Readiness Express (FRE), will be stopping by Lofgren Terrace, Silver Strand, Admiral Hartman and Chesterton housing in June! In addition to our visits to the housing areas the FRE will visit the San Diego County Fair. For up-to-the-minute updates about location, dates, and hours, check out the FRE's Facebook page at www.facebook.com/FamilyReadinessExpress or email us at familyreadinessexpress@mwrs.com